

## ABSTRACT

The present invention aims at providing a footwear which is not only suited for improving and enhancing a sports ability required principally for human leg portions, but also suited for preventing a poor bodily functions caused by a lopsided weight in human foot portions.

A sole 12 of shoe 10 has a thickened portion defined at an area thereof where a base of toe of user's foot is to be positioned. Provided to such area of the sole where the base of toe of human foot is to be positioned is an engagement member 30 adapted for allowing a rotating adapter 20 to be releasably engaged therewith. Further, in an inner surface of the shoe 10, there are provided: a slope inclined, as indicated by the line LA, such that a side thereof near to the heel side 16 is low; and a slope inclined, as indicated by the line LB, such that one side thereof on which a big toe of user's foot is to be positioned is lower than another side thereof on which a small toe of user's foot is to be positioned. Furthermore, the sole 12 is formed with a sloped surface 18 which extends from an area of the sole at which the base of toe of user's foot is to be positioned, in a direction toward a toe side 14. If the rotating adapter 20 is engaged with the footwear and then a user wearing such footwear stands up, the user can take a rotating exercise or an exercise like a twist dance. When the rotating adapter 20 is not connected with the footwear, the user wearing the footwear has to walk by shifting his or her weight in a direction from the heel side 16 to the toe side 14 or vice versa, while maintaining his or her weight in a direction inwardly of the foot, as well. Hence, required muscle portions of the user can be used in a balanced way, thereby making it possible to effectively enhance a muscle force and also effectively stretch the muscles.